

Five things you need to know today



- STOMP at the Festival Theatre
- Big Hearts Community Trust Open Day
- COMAS go the distance!
- SAMARITANS – free to call number
- Chronicle Online

A theatrical sensation, STOMP comes to the **Festival Theatre Edinburgh** this month to celebrate almost 25 astonishing years of bringing foot stamping, finger drumming, adrenalin rushing joy to audiences across the globe.

Since their last visit to Edinburgh in 2010 the Stomp cast performed in the closing ceremony at the 2012 Olympics and have introduced two new pieces to the show: *Frogs* and *Trolleys*.

Trolleys taps into the everyday experience of negotiating a busy shopping aisle with a fully laden supermarket trolley but soon transforms into the closest STOMP will ever get to drum corps and it's the first fully fledged STOMP routine to be performed entirely in 5/4 time signature: not straightforward to march to!

Frogs explores the bizarre sonic possibilities of a variety of plumbing fixtures. It has to be heard to be believed, but close your eyes and this piece sounds unlike anything ever heard in the show til now: organic, quirky and plumbing new heights.

Creators Luke Cresswell and Steve McNicholas are both very happy with the way the new pieces have slotted in, each with STOMP's trademark exploration of sound, movement and physical humour and there's more to come: they will be working on more

new routines later this year.

STOMP at the Festival Theatre Edinburgh

Tuesday 6 – Sunday 11 October 2015

Evenings Tue – Sat 7.30pm; matinees Saturday and Sunday 2.30pm

£16-£29.50

www.edtheatres.com / 0131 529 6000



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Big Hearts Community Trust is delighted to be officially launching its new Kinship Care Programme with an Open Day for kinship care families at Tynecastle Stadium on Tuesday 20 October 2015. Running from 11am-3pm, the day will include a number of exciting activities for the whole family as well as providing a lunch for all. Activities will include; stadium tours, football coaching, music tuition, arts & crafts and a chance to meet the players. There will also be a marketplace of stalls, hosted by partner organisations, which will provide advice and support for kinship carers on the day.

The event will also promote the new 'Kinship Care Family Club' which will begin the following Tuesday 27 October (4.30pm-6.30pm) and will run weekly on Tuesday evenings until Tuesday 15 December. This club will be for the whole family – providing youth club activities for kids as well as a support group for carers, and a family meal for all.

When Edinburgh based charity, Comas, decided to go the distance to tackle poverty, they didn't think they would end up in France!

On Wednesday 30th September Comas clocked up 502 miles in just 12 hours, with a personal record of 70 miles in 2 hours for one team member.

Rail travellers donated a fantastic £833.31 to help Comas, a charity that helps people struggling with loneliness, poverty and poor mental health.

The event highlighted Comas' work tackling poverty, in its projects which work daily to make a huge difference for people who are struggling in their everyday lives.

Starting bright and early at 7am, staff and volunteers pedaled

three spin bikes, donated by The Gym at Waverley Gate, to “go the distance” for poverty.

✖ Calls to Samaritans, the UK’s leading suicide reduction charity, are now free of charge. A new free-to-call number will enable more people who may be struggling to cope to access the vital service, which provides round the clock support, every single day of the year.

[Read more here](#)

✖ The Chronicle Online is the newly set up community news website for East Edinburgh. They are holding a drop in session at The White House on Niddrie Mains Road from 10am this morning for anyone who is interested.

[Read more here](#) about today’s session and the others arranged for the rest of October.

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